

# **Chicken Salad with Asparagus & Almonds**

Yield: 4 servings

2 ½ cups diagonally cut  
asparagus  
¼ cup fat-free mayonnaise  
¼ cup low-fat plain yogurt  
1 tsp curry powder  
1 tsp fresh lemon juice  
¼ tsp salt  
1/8 tsp black pepper  
2 cups chopped roasted  
skinless,  
boneless chicken breasts  
1/3 cup chopped red bell  
pepper  
¼ cup chopped fresh parsley  
2 tbsps sliced almonds,  
toasted

1. Steam the asparagus, covered, 2 minutes or until crisp-tender.
2. Combine the mayonnaise and next 5 ingredients (through black pepper) in a large bowl, stirring well with a whisk. Add the asparagus, chicken, bell pepper, parsley, and almonds; toss to coat.

